**Sampo Hyppölä, Finland**

I discovered swimrun in 2015 when I was 19 years old. First, I raced together with my father Tero and the true step into swimrun happened in Engadin 2017 where we, slightly unexpectedly, qualified for ÖtillÖ.

Awesome training possibilities to swimrun all around Eastern Finland (Kuopio, Suomussalmi, Ilomantsi) have inspired me to carry on and raise the local and national awareness of swimrun.

At my orienteering background the narrow trails of the ontouched forests reflect the ideal terrain for swimrun. Thousands of clean, freshwater lakes are a luxury which we can here in Finland take for granted. I hope we will share a bit of it with all of you!

**Highlights:**

ÖtillÖ Gothenburg 2023 Solo Winner

First time ÖtillÖ 2017 15th place (with huge waves)

Several ”swimrun experiments” (Backyard 25 hours, Kajaani-Sotkamo 44 km, Night Swim around Kuopio 21 km)

